

*The University Library
Leeds*

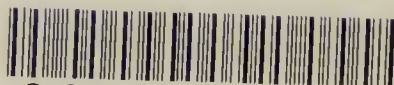


*The John F. Preston Collection
of Cookery Books*

LEEDS UNIVERSITY LIBRARY

Classmark:

COOKERY
A CAR

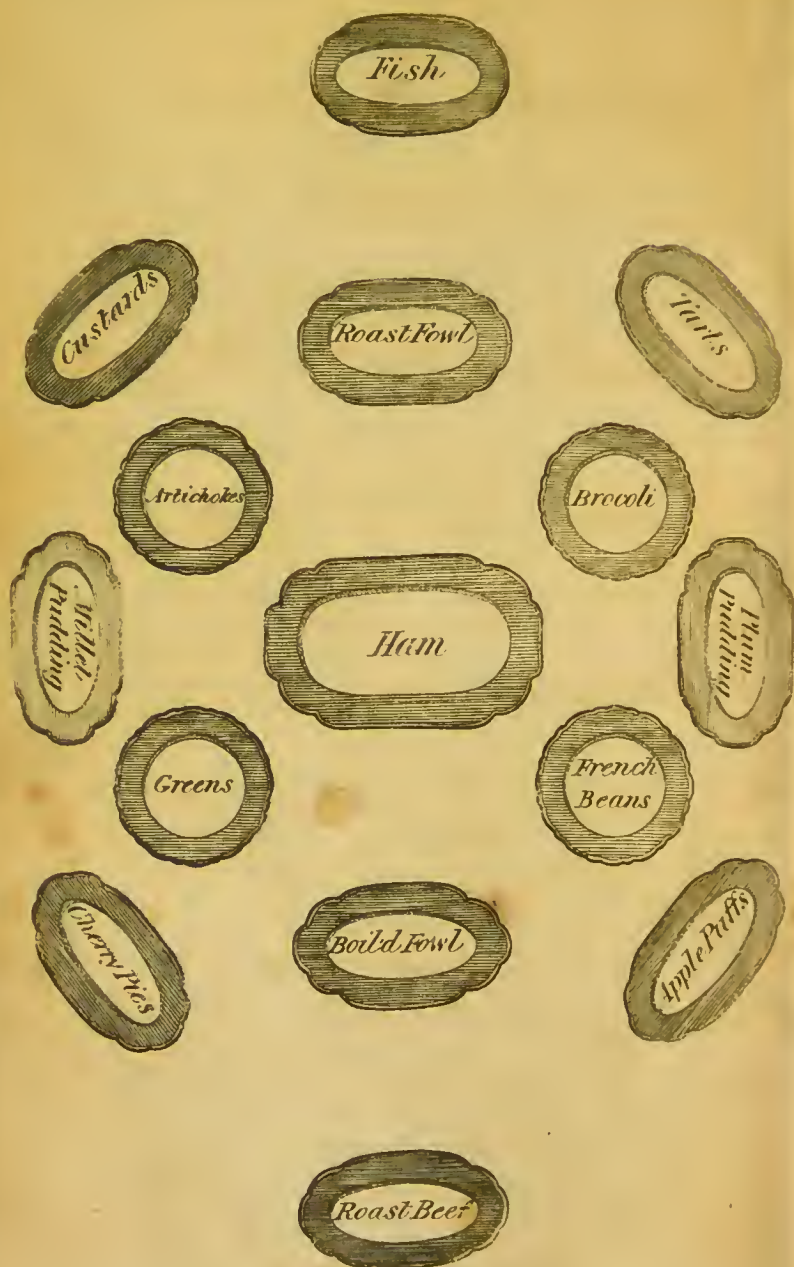


3 0106 01121 3120



Digitized by the Internet Archive
in 2015

<https://archive.org/details/b21530804>



Family Entertainment of One Course.

THE
Cook and Confectioner's
GUIDE ;
OR
FEMALE'S INSTRUCTOR,
IN
COOKERY, CONFECTIONARY,
MAKING WINES,
PRESERVING, PICKLES, &c.

With every necessary information connected with the
above Arts.

BY W. CARTER.

IPSWICH :
PRINTED FOR WILLIAM CARTER, BOOKSELLER,
BY J. SCOGGINS, UPPER ORWELL STREET.

Price Sixpence.

UNIVERSITY
LIBRARY
LEEDS

46270

THE FEMALE'S INSTRUCTOR.

Rich Puff Paste.

Weigh an equal quantity of butter with as much fine flour as you judge necessary; mix a little of the former with the latter, and wet it with as little water as will make it into a stiff paste; roll it out and pull all the butter over it in slices, turn in the ends and roll it thin, do this twice, touch it no more than can be avoided; it requires a quick oven.

Transparent Crust for Tarts.

Beat an egg till it be quite thin, have ready twelve ounces of well washed butter, melted without being oiled; when cold mix the egg with it and stir it into a pound of flour well dried; make the paste very thin, line the patty pans as quick as you can, when putting them in the oven brush them over with water, and sift sugar over them.

Rice Paste, for Fruits, Sweets, &c.

Boil a quarter of a pound of ground rice in the smallest quantity of water, strain from it all the moisture you can, beat it with half an ounce of butter and one egg well beaten, and it will form an excellent paste for tarts, &c.

A Raised Crust for Custards or Fruits.

Put four ounces of butter into a saucepan with water, and when it boils pour upon it as much flour as you choose, knead and beat it till smooth, then put a lump into a cloth

or under a pan to soak till near cold; raise it, and if for custards put a paper within it, to keep out the sides till half done; then fill with a cold mixture of milk, eggs, sugar, and nutmeg, a little lemon peel and rose water. The above butter will make a deal of raised crust, which must not be rich, or it will be difficult to prevent the sides from falling in.

A Crust for Apple Pies, &c.

Rub six ounces of butter in ten ounces of flour, mix it into a stiffish paste, with as little water as possible, beat it well, and roll it thin; bake it in a moderate oven.

An Apple Pie.

Pare and core the fruit, having wiped the outside, which with the cores boil in a little water till it tastes well; strain and put a little sugar, a bit of bruised cinnamon, simmer again, in the mean time place the apples in the dish, a paste being put round the edge; when one layer is in sprinkle half the sugar, shred lemon peel, squeeze some lemon juice in, or a glass of cyder if the apples have lost their flavour, put in the rest of the apple, sugar, and the liquor that you have boiled, cover with paste.

Mince Pies.

Of scraped beef or tongue, free from skin, weigh 1lb., 2lbs. of suet chopped fine, three pounds of currants cleaned and perfectly dry, jar raisins stoned and chopped 1lb., 1½lb. of chopped apples, the peel and juice of two lemons, half a pint of sweet wine, a glass of brandy, half a nutmeg, a quarter of an ounce of cloves, mace, pimento, all in finest powder: press the whole into a deep pan, when well mixed keep it covered in a dry cool place. Have citron and orange peel ready, and put some of each into the pies when made.

Apple Puffs.

Pare and core the fruit, and either stew them in a stone jar or bake them; when cold mix the pulp of the apple with sugar, and lemon peel shred fine, taking as little juice as you

can ; bake them in a thin paste in a quick oven, a quarter of an hour will do them.

Cheap and excellent Custard.

Boil three pints of new milk, with a bit of lemon peel, a bit of cinnamon, two or three bay leaves, and sweeten it, meanwhile rub down a large spoonful of rice flour into a cup of cold milk, and mix with it two yolks of eggs well beaten, take a spoon of the boiling milk and mix with the cold, then pour that to the boiling, stirring it one way till it begins to thicken, and is just going to boil up, then pour it into a pan, stir it some time, then add a large spoonful of peach water, and a little ratifia ; marbles boiled in custard or any thing likely to burn, will, by shaking them in the saucepan, prevent its catching.

Baked Custard.

Boil one pint of cream, half a pint of milk, with mace, cinnamon, and lemon peel, a little of each, when cold mix the yolks of three eggs, sweeten, and fill your paste already half done nearly full ; bake a quarter of an hour longer.

Cheese Cakes.

Strain the whey from the curd of two quarts of milk, when rather dry break it in a pan with four ounces of butter till perfectly smooth, put to it a pint of thin cream or new milk, add sugar, cinnamon, nutmeg, one egg, currants, if chosen, three ounces.

Potatoe Cheese Cake.

Boil six ounces of potatoes, and four of lemon peel, beat the latter in a mortar with four ounces of sugar, then add the potatoes beaten, and four ounces of butter melted in a little cream : when well mixed let it stand to grow cool, put crust in patty pans, and rather more than half fill.

Puddings.

Observe, if the pudding be of bread, the cloth should be tied to allow for swelling, if of flour tight.

Very good puddings may be made without eggs, but they should have but little liquid in them, and boil longer than when made with eggs; two or three spoonsful of fresh table beer, or one of yeast, or two spoonsful of snow, will supply the place of eggs. This is a useful piece of information, as snow mostly falls in the season when eggs are dear.

All dishes in which sweet puddings are baked should have a crust round the edge.

Bread-and-Butter Pudding.

Slice bread spread with butter, and lay it in a dish with currants between each layer, pour over a pint and rather more of milk, two or three eggs, a few pimentos, a little ratifia, two hours before it is to be baked, and lade it over to soak the bread.

Rice Pudding.

Soak four ounces of rice in warm water half an hour, drain the latter from it and throw it into a stewpan with half a pint of milk, half a stick of cinnamon, and simmer till tender; when cold add four eggs well beaten, two ounces of butter melted in a tea cup full of cream or new milk, put 3oz. of sugar, a quarter of a nutmeg, and a piece of lemon peel; put a paste round and bake it in a mould or dish.

A Rolled Sweet Pudding.

Make a paste of half a pound of flour, and five ounces of finely shred suet, wetted with water, roll it often till quite smooth; the last time put upon it a layer of raspberry, currant, or any other jam; then roll it round, wrap it in a floured cloth, and tie up the ends.

An excellent Potatoe Pudding.

Take eight ounces of boiled potatoes, two ounces of butter, two eggs, a quarter of a pint of cream or new milk, a little white wine, some salt, some juice and rind of lemon, beat all to froth, sugar to taste, a crust round the edge or not, as you like; bake it quick.

Plum Pudding.

The same proportion of flour and suet, and half the quantity of fruit, with spiee, a glass of wine or not, one egg, and milk, will make an exeellent pudding, if boiled a long time.

Baked Gooseberry Pudding.

Stew gooseberries in a jar or saucepan of water till they will pulp, press them through a coarse sieve, beat with three eggs beaten and strained, one ounce of butter, sweeten well, put a crust round the dish; raspberries or currants may be used instead of gooseberries.

Ground Rice Pudding.

Boil a large heaped spoonful of ground rice in a pint of new milk, with lemon peel and cinnamon; when cold add sugar, two eggs, and some nutmeg; bake with a crust round the dish.

Blanc-Mange.

Boil two ounces of isinglass in three half pints of water half an hour, strain it to three half pints of cream, sweeten it, and add some peach water or a few bitter almonds, let it boil up once, and put it into what form you please. Observe to let your Blanc-mange settle before you turn it into the forms, or the baeks will remain at the bottom of them, and be on the top of the Blanc-mange when turned out.

Gooseberry Fool.

Put the fruit into a jar, and some good Lisbon sugar, set the jar upon a stove, or in a saucepan of water over the fire; if the former, a large spoonful of water should be put with the fruit. When done enough to pulp, press it through a colander, have ready a sufficient quantity of new milk and an egg boiled together, and left to be cold, then sweeten pretty well, and mix the pulp by degrees with it. Apples may be prepared the same way, adding lemon peel when boiled.

An excellent substitute for Cream, to eat with fruit, &c,

Beat the yolks of two new laid eggs, and strain into a pint of new milk with two knobs of white sugar, put it on a stove and stir it one way till it becomes as thick as common cream. This also does to mix with tea.

Raspberry Cream.

Mash the fruit gently and let them drain, sprinkle a little sugar over, and that will produce more juice, then put the juice to some cream and sweeten it; then, if you choose, lower it with milk; it will not curdle, which it would if put before the cream, but it is best made of raspberry jelly instead of jam, when fresh fruit cannot be obtained.

Snow Cream.

Put to a quart of cream the whites of three eggs well beaten, four spoonsful of sweet wine, sugar to your taste, and a bit of lemon peel, whisk it to a froth, remove the peel and serve in a dish or glasses, whipping each to prevent its falling.

Calf's Foot Jelly.

Boil two feet in two quarts of water, till the feet are broken and the water half wasted; strain it, and when cold take off the fat and remove the jelly from the sediment; then put it into a saucepan with sugar, raisin wine, and lemon juice to your taste, and some lemon peel. When the flavour is rich put to it the whites of five eggs well beaten, and their shells broken; set the saucepan upon the fire, but do not stir the jelly when it begins to warm. Let it boil twenty minutes after it rises to a head, then pour it through a flannel jelly bag, first dipping the bag into hot water (to prevent waste) squeeze it quite dry, run the jelly through until quite clear, then put it into glasses and forms. The following mode will greatly facilitate the clearing of the jelly:—When the mixture has boiled twenty minutes, throw in a cupful of cold water, let it boil five minutes longer, then take the saucepan off the fire, covered close, and keep it half an hour: after which it will be so clear it needs but once passing through the bag.

Stewed Pears.

Pare, and halve or quarter large pears, according to their size, throw them into water, let the skin be taken off before they are divided to prevent their turning black; pack them in a jar, and sprinkle as much sugar as will make them pretty sweet, and add lemon peel, a clove or two, and some allspice cracked; just cover them with water, put in a grain or two of cochineal to give them a rich colour; cover them close and either bake or stew four hours, pour the liquor from them or sieve it.

Baked Pears.

Those need not be of a very fine sort, but some taste better than others, and often those that are the least fit to eat raw; wipe but do not pare, lay them upon tins, bake in a slow oven; when enough to bear it flatten with a silver spoon; they should be baked three or four times very gently.

Syllabub.

Put a pint of red or white wine into a bowl, nutmeg grated, a good deal of sugar, then milk into it three pints of milk, frothed up; if the wine be not sharp it will require more.

Fruit in Jelly.

Put into a bason half a pint of clear calf's foot jelly, and when it has become stiff, lay in three fine peaches, and a bunch of grapes, with the stalk upwards, over which put a few vine leaves, and fill up the bowl with jelly; let it stand till next day, then set the bowl in hot water up to the brim for a minute, then turn it out carefully.

Lemon Drops.

Grate the peels of three large lemons on a large piece of refined sugar, then scrape the sugar into a plate, add a tea spoonful of flour, mix well, and beat it into a light paste with the white of an egg, drop it upon white paper, and put the drops into a moderate oven on a plate of tin.

Ginger Drops, a Good Stomachic.

Beat two ounces of fresh candied orange in a mortar, with a little sugar, to a paste, then mix one ounce of white ground ginger, one pound of loaf sugar, wet the sugar with a little water, boil altogether to a candy, drop it on paper the size of mint drops.

Peppermint Drops.

Pound and sift four ounces of refined sugar. beat it with the whites of two eggs till perfectly smooth; then add sixty drops of oil of peppermint, beat it well, and drop it on white paper, dry it at a distance from the fire.

Raspberry Cakes.

Pick out the bad raspberries that are among the fruit, weigh and boil what quantity you choose, and when mashed and the liquor is wasted, put to it sugar the weight of the fruit, mix it well off the fire till it is well dissolved, then put it on plates to dry in the sun; as soon as the top part dries, cut with the cover of a canister into small cakes, turn these on fresh plates, when dry put them in boxes with layers of paper.

To keep Damsons for Winter Pies.

Put in small stone jars, set them up to their necks in a boiler of cold water, and lighting a fire under them, scald them; next day, when perfectly cold, fill up with spring water, cover them close.

Another way for Damsons or Bullace.

Choose steen pots if you can get them, which are of equal size top and bottom, put the fruit in about a quarter up, then stew in a quarter of the sugar, then another quantity of the fruit, and so on till all of both are in. The proportion of sugar is three pounds to nine of fruit; set the jars in an oven not over hot, and bake the fruit through; when cold, put a piece of clean scraped stick into the middle of the jar, then pour melted mutton fat over the top, having covered the fruit with white paper, pour it full half an inch

thick; keep the jars in a cool dry place, close covered, taking care to keep a little forked branch of the stick to prevent its slipping out.

To keep Gooseberries.

Before they become too large, take care not to cut them in taking off the stalk and buds; fill wide-mouthed bottles, put the corks in loosely, and set up to the necks in water in a boiler; when the fruit looks scalded, take them out, and when perfectly cold, cork close, and rosin the top; dig a trench in the ground and put them in, let the earth be thrown over to cover them a foot and half. Or scald as above, when cold fill with cold water, cork them, and keep them in a damp or dry place; they will not be spoiled if the air is kept from them.

To Preserve Strawberries Whole.

Take equal weights of the fruit and refined sugar, lay the former in a large dish, and sprinkle half the sugar in fine powder over, give a gentle shake to the dish that the sugar may touch the whole of the fruit: next day make a thin syrup with the remainder of the sugar, and instead of water allow one pint of red currant juice to every pound of strawberries, in this simmer them until sufficiently jellied. Choose the largest scarlets, or others when not dead ripe.

Currant Jam, Black, Red, or White.

Let the fruit be very ripe, pick it clean from the stalks, bruise it, and to every pound put three quarters of a pound of loaf sugar, stir it well, and boil half an hour.

Currant Jelly, Red or Black.

Strip the fruit, and in a stone jar stew them in a saucepan of water, or by boiling on a hot earth, strain off the liquor, and to every pint weigh a pound of lump sugar, put the latter in large lumps into it in a stone or china vessel till nearly dissolved, then put it into a preserving pan, simmer and skim as necessary, when it will jelly on a plate put it in jars or glasses.

Dried Apples.

Put them in a cool oven six or seven times, and flatten them by degrees, and gently, when soft enough to bear it. If the oven be too hot it will waste them, and at first it should be very cool. The biffin, or any tart apples are the sorts for drying.

Gooseberry Jam, for Tarts.

Put twelve pounds of the ripe red hairy gooseberries, gathered in dry weather, into a preserving pan with a pint of currant juice, let them boil pretty quick, beat them with the spoon, when they begin to break put to them six pounds of sugar and simmer slowly to a jam, it requires long boiling or it will not keep. It is not an expensive thing, yet it is excellent for tarts or puffs. Be careful it does not burn to the bottom.

Raspberry Jam.

Weigh equal quantities of fruit and sugar, put the former into a preserving pan, boil and break it, stir constantly, and let it boil very quickly; when most of the juice is wasted add the sugar, and simmer it, skim half an hour. This way the jam is greatly superior in colour and flavour to that which is made by putting the sugar in first.

Damson Cheese.

Bake or boil the fruit in a stone jar, or put in a saucepan of water over the fire; pour off some of the juice, and to every two pounds of fruit put half a pound of sugar, set the fruit over a fire in a pan, let it boil quickly till it begins to look dry, take out the stones and add the sugar, stir it well in and simmer two hours slowly, then boil it quickly half an hour till the sides of the pan begin to candy. Pour the jam into potting pans or dishes an inch thick, so that it may cut firm. Should the skins be disliked, then the juice is not to be taken out but after the first process, the fruit must be pulped through a coarse sieve, with the juice, and managed as above. All the juice may remain in and boiled to evaporate, but do

not add the sugar till it has done so. It looks well in shapes or fancy moulds.

A Plain Cake.

Mix three-quarters of a pound of flour with half a pound of butter, four ounces of sugar, three or four eggs, and a glass of raisin wine, beat it well and bake it in a quick oven, add half an ounce of carraways if you choose.

Rout Drop Cakes.

Mix two pounds of flour, one pound of butter, one pound of sugar, one pound of currants, clean and dry, then wet into a stiff paste with two eggs, a large spoonful of orange flower water, ditto rose water, ditto sweet wine or brandy, or both; drop on a tin well floured, a very short time bakes them.

Little Plum Cakes, to keep long.

Dry one pound of flour, and mix with six ounces of finely pounded sugar; beat six ounces of butter to a cream, and add to three eggs well beaten, half a pound of currants clean and nicely dried, and the flour and sugar beat for some time, then flour the tins and drop them the size of a walnut.

Little White Cakes.

Dry half a pound of flour, rub into it a very little butter, about an ounce, little pounded sugar, one egg, a few carraways, and as much milk and water as will make a paste, roll it thin, and cut it with a top of a canister or glass; bake fifteen minutes on tin plates.

Little Short Cakes.

Rub into a pound of dried flour four ounces of butter, four ounces of white powder sugar, one egg and a spoonful or two of thin cream to make it into a paste; when it is mixed put currants into one half, and carraways in the other; cut them and put them on tins as before.

A Plum Cake.

Flour dried, and washed currants, four pounds, sugar one

pound and half, six orange, lemon, and citron peels, cut in slices, mix these ; beat ten eggs, then melt a pound and half of butter in a pint of cream, or new milk, when luke warm put to it a cup of ale yeast, near half a pint of sweet wine and the eggs, then strain the liquid to the dry ingredients ; beat them well, and add of cloves, mace, cinnamon and nutmeg, a quarter of an ounce of each ; butter the pan and put it into a quick oven, and three hours will bake it.

A very good common Plum Cake.

Mix five ounces of butter in three pounds of flour, and five ounces of Lisbon sugar ; add six ounces of currants washed and dried, and some spice finely powdered ; put three spoonsful of yeast into a pint of new milk warmed, and mix into a light dough with the above, put it in a pan or make it into twelve cakes, and bake on a floured tin.

A good Pound Cake.

Beat three-quarters of a pound of butter to a cream, and mix with the yolks and whites (beaten apart) of six eggs, have ready warm by the fire a pound of flour, and three-quarters of a pound of sifted sugar, mix them, and by degrees work the dry ingredients into the butter and eggs, when well beaten add a glass of wine and a pound of currants, it must be beaten near an hour ; butter a paper and put round the pan ; bake an hour in a quick oven.

A cheap Seed Cake.

Mix a quarter of a peck of flour with half a pound of sugar, a quarter of an ounce of allspice, and a little ginger ; melt three-quarters of a pound of butter with a half pint of milk and a little water, when just warm put to it a quarter of a pint of yeast, work it a good dough, let it stand before the fire to rise a few minutes before it goes to the oven. add seeds or currants, bake an hour and a half.

Queen Cakes.

Beat eight ounces of butter and mix with two well beaten eggs, strained ; mix eight ounces of dried flour. and the same

of fine powder sugar, or lump, and the grated rind of a lemon, then add the whole together and beat full half an hour; eight ounces of well-washed and dry currants must be added, butter small patty pans, half fill, and bake twenty minutes in a quick oven.

Tunbridge Cakes.

Rub six ounces of butter quite fine into a pound of flour, then mix six ounces of sugar, beat and strain, and make with the above a paste; roll it very thin and cut with the top of a glass; prick them with a fork and cover with carraways, or wash with the white of an egg, and dust a little white sugar over.

Sponge Cake.

Weigh ten eggs, and their weight in very fine sugar, and that of six in flour, beat the yolks with the flour, and the whites alone to a very stiff froth, then, by degrees mix the whites with the flour and the other ingredients, beat them well half an hour, bake in a quick oven an hour.

Macaroons.

Blanch four ounces of almonds, and pound with four spoonsful of orange flower water: whisk the whites of four eggs to a froth, then mix it with a pound of sifted sugar and the almonds to a paste; then laying a sheet of wafer paper on a tin, put on it different little cakes the shape of macaroons.

A good plain Bun.

Rub four ounces of butter into 2lbs. of flour, four ounces of sugar, nutmeg, a few Jamaica peppers, allspice, put a spoonful or two of cream into a cup of yeast, and as much milk as will make the above into a light paste, set it to rise by the fire; they must be baked quickly.

Gingerbread.

To three-quarters of a pound of treacle beat one egg, mix four ounces of brown sugar, half an ounce of ground

ginger, cloves, mace, allspice, and nutmegs, a quarter of an ounce, beaten as fine as possible, eoriander and carraway seeds a quarter of an ounce each, melt one pound of butter and mix with the above, add as much flour as will make it into a tolerable stiff paste, then roll it and cut it into cakes, some may be made into drops; bake on tins in a quick oven.

Rusks.

Beat six eggs well, and mix with half a pint of new milk, in which have been melted four ounces of butter, add to it a quarter of a pint of yeast and a little sugar, and put them by degrees into as much flour as will make a very light paste, rather like batter, and let it rise before the fire half an hour, then add more flour to make it stiffer, but not too stiff; work it well and divide into cakes about five inches wide, then flat them; when baked and cold part them, and put in the oven to brown a little.

Plain and very Crisp Biscuits.

Make a pound of flour, the yolk of an egg, some milk, into a very stiff paste, beat it well, and knead till quite smooth, roll very thin, and cut into biscuits; bake in a slow oven till quite dry and crisp.

French Rolls.

Rub an ounce of butter into a pound of flour, mix one egg well beaten, a little yeast, not bitter, as much milk as will make a dough of a middling stiffness, beat it well, but do not knead, let it rise; bake on tins quick.

Raspberry Wine.

To every quart of well-picked raspberries, put a quart of water, bruise and let them stand 2 days, strain off the liquor, and to every gallon put three pounds of lump or white powder sugar, when dissolved put the liquor in a barrel, and when fine, which will be in about two months, bottle it, and to each bottle put a spoonful of brandy.

Currant Wine.

To every three pints of fruit put one quart of water, bruise the former; in twenty-four hours strain the liquor, and to every quart put a pound of sugar, of good middling quality. It is best to put the liquor in a large pan, and when the scum rises take that off before it is put in the barrel.

Excellent Ginger Wine.

Put into a boiler ten gallons of water, and fifteen pounds of sugar, with the whites of six or eight eggs, mix all well while cold; when the liquor boils, skim it well, put in half a pound of common white ginger bruised, and boil it twenty minutes; have ready the very thin rinds of seven lemons, and pour the liquor upon them, when cool tun it, and add two spoonsful of yeast; put a quart of the liquor to two ounces of isinglass shavings, while warm, whisk it well three or four times, and pour all together into the barrel; next day stop it up, in a month bottle it, and in three months it will be a very delicious and refreshing beverage.

Elder Wine.

To every quart of berries put two quarts of water, boil them half an hour, run the liquor and break the fruit through a hair sieve, then to every quart of juice put three quarters of a pound of coarse sugar, boil the whole a quarter of an hour with some Jamaica peppers, a few cloves, and bruised ginger, pour it into a tub warm, when of a proper warmth into the barrel with toast and yeast to work, which there is more difficulty to make it do than most other liquors. When it ceases to hiss put in a little brandy and stop it up. The liquor must be in a warm place to make it work.

Raisin Wine.

To every gallon of spring water put eight pounds of fresh Smyrnas in a large tub, stir it thoroughly every day for a month, then press the raisins in a horse-hair bag as dry as possible, put the liquor into a cask, and when it has done hissing pour in a bottle of the best brandy, stop it up close

for twelve months, then rack it off without the dregs, filter them through a bag of flannel three or four times double, add the clear to the quantity, pour brandy in according to the size of the cask, stop it up for at least a twelvemonth. Raisin wine would be good if made rich of the fruit only, and kept long, which improves the flavour greatly.

Sack Mead.

To every gallon of water put four pounds of honey, and boil it three quarters of an hour, taking care to skim it; to every gallon add an ounce of hops, then boil it half an hour, let it stand till next day, put it into your cask, add a pint of brandy to eight gallons, let it be lightly stopped till the fermentation is over, then stop it very close; if a large cask, keep it a twelvemonth in the cask.

Imperial.

Put two ounces of cream of tartar, and the juice and parings of two lemons, into a stone jar; pour on them seven quarts of boiling water, stir and cover close. When cold, sweeten with loaf sugar, and straining it, bottle and cork tight; add in bottling half a pint of rum.

White Currant Shrub.

Strip the fruit, and prepare in a jar as for jelly, strain the juice, of which put two quarts to near a gallon of rum, and two pounds of lump sugar; strain through a jelly bag.

Ginger Beer.

1 gallon of water.

1 lb. of lump sugar.

1 oz. of cream of tartar.

1 oz. of best ginger.

1 lemon sliced, and the juice of one.

Take a lemon and rub well on the sugar, bruise the ginger, and put all the ingredients into a large pan, pour the boiling water over the whole, and let it stand until milk warm, then toast a piece of bread, and put a table spoonful of yeast; let it stand twelve hours, then bottle, in three days it is fit for use.

Raspberry Brandy.

Pick fine dry fruit, put it into a stone jar, and the jar into a saucepan of water, till the juice will run; strain it and to every pint add half a pound of sugar; give one boil and skim it; when cold, put equal quantities of juice and brandy, shake well and bottle.

Raspberry Vinegar.

Put a pound of fine fruit into a bowl, and pour upon it a quart of the best white wine vinegar, next day strain the liquor on a pound of fresh raspberries; the following day do the same, but do not squeeze the fruit, only drain the liquor as dry as you can.

To keep Wines from turning Sour.

Boil a gallon of wine with half an ounce of oyster shells or crabs claws, burnt and powdered fine, to every ten gallons of wine, then strain out the liquor through a sieve; when cold put it into wine of the same sort, and it will destroy the acid and give it a pleasant taste. A lump of unslacked lime put into your cask will also keep wine from turning sour.

How to Fine Ale or any other Malt Liquor, after thunder or any cause that makes it Thick or Cloudy.

Take about a gallon of the beer that is thick or cloudy, put it into a saucepan, add about an ounce of new hops and a handful of salt, boil it over a fire for half an hour, return it into the barrel, and stir it well for ten minutes, and in 12 hours the beer will be as fine as rock water. The above is a sufficient quantity for a barrel or thirty-six gallons, and so in proportion for larger or smaller casks.

How to Cure Ropy Beer or Ale.

Take a small handful of hyssop, tie it in a bundle, put it into the cask or barrel, stir it well with a stick for a quarter of an hour, then bung down; the beer will be perfectly cured in a week at most.

How to Restore Stale or Hard Beer or Ale.

Take the upper crust of a sixpenny loaf and toast it very hard, cover it well with mustard, (mixed with water only,) cut it into square pieces, put them into the cask, and in a fortnight it will be as mild as when brewed only a month or two.

To Pickle Cucumbers and Onions Sliced.

To every dozen of cucumbers, put three large onions, cut both in thick slices and sprinkle salt over them; next day drain them for six hours; then put them into a stone jar, pour boiling vinegar over them, and keep them in a warm place: repeat the boiling vinegar, and stop them instantly, until of a good colour: the last time put pepper and ginger, keep in stone jars covered close.

To Pickle Young Cucumbers.

Choose nice young gherkins, spread them on dishes, salt them, let them lie a week. Drain them, put them in a jar and pour over them boiling vinegar; set them near the fire, covered with plenty of vine leaves; if they do not become a tolerable good green, pour the vinegar into a pipkin, and when it boils, pour it over them again, covering with fresh leaves; after two or three times they will be of as good a colour as you can wish.

An Excellent and not Common Pickle.

Fill a pint stone jar with equal quantities of onions, cucumbers, and sour apples, all cut into very thin slices, shaking in as you go on a tea-spoonful of salt, and three parts of a tea-spoonful of cayenne; pour in a wine glass of soy, the same of white wine, and fill up the jar with vinegar, it will be fit for use the next day.

To Pickle Walnuts.

When a pin will penetrate the rind, they are forward enough to pickle. Put them into a brine of salt and water boiled, and strong enough to bear an egg; let them soak six days, then change the brine; let them stand six more. then

drain them; pour over them in a jar a pickle of the best white wine vinegar, with a good quantity of pimento, pepper, ginger, mace, cloves, mustard seed, and horse radish, all boiled together, but cold. Thus done they will be good for years, if close covered; the air softens them.

To Pickle French Beans.

Gather them before they become stringy, and without taking off the ends put them into a very salt brine until they become yellow, then drain them and wipe dry with a cloth; put them into a jar by the fire, and pour boiling vinegar upon them every twenty-four hours, preventing the escape of the steam; in four days they will become green. Do samphire in the same way.

Pickled Onions.

In the month of September choose the small white round onions, take off the brown skin, have ready a very clean tin stew-pan of boiling water, throw in as many as will cover the top, as soon as they look clear on the outside take them up with a sliee as quick as possible, lay them on a clean cloth, cover them close with another, let them lie till cold; then put them in a jar, and pour over them the best vinegar, just hot, but not boiling; when cold, cover them close; should the outer skin shrivel, peel them.

Pickled Red Cabbage.

Sliee it into a colander, and sprinkle each layer with salt, let it drain two days; then put it into jars, pour over boiling vinegar; enough to cover; put in and boil with the vinegar, ginger, peppers, and a few grains of cochineal or red beet root sliced to give it a very beautiful colour. Cauliflower after being salted and thrown in will look of a very fine colour.

To Pickle Nasturtiums.

Gather them young, lay them into salt and water one night; drain and cover them with hot vinegar, boiled with Jamaica and a little black pepper; a couple of capsicums put in the jar will be a great improvement.

Rules to be Observed with Pickles.

Avoid as much as possible the use of metal vessels in preparing them, when the vinegar is boiled, do it in a stone jar or pipkin; glazed jars should never be used for pickles, as salt and vinegar dissolve the lead which is in the glaze. Pickles should be kept from the air, as exposure to it makes them soft. Take them out of the jar with a wooden spoon drilled full of holes.

To Salt Beef.

Great attention is requisite in salting meat, and in the country where large quantities are cured the following methods will be found excellent:—

To Salt Beef or Pork for immediate use.

The piece should not weigh more than five or six pounds; salt it thoroughly; just before you put it into the pot take a coarse cloth, flour it well, put the meat into it, fold it up close, put it into the boiling water, boil it as long as other salt meat of the same size, and it will be as salt as if done five or six days.

To Salt Beef Red and Hang to Dry.

Take a piece of beef with as little bone as possible, (the flank is the most proper,) sprinkle it and let it drain a day; then rub it with common salt, saltpetre, and bay salt, but only a small proportion of saltpetre, add a few grains of cochineal, all in fine powder, a little of the coarsest sugar may be added to the salt; rub the pickle every day into the meat for a week, only turn it the remainder, sixteen days are sufficient, drain it from the pickle, and let it be smoked for five days. To twelve pounds of beef the proportion of common salt is one pound.

To preserve Beef, Mutton, &c. for a length of time without salt.

After well examining and wiping the meat, put it into a pan, and pour a deal of treacle over it. in which turn it daily, observing every part partakes of the treacle: cover and tie a cloth over the pan, keep it in a cool place; when to be used wash it well.

To Stew Beef, when under done.

Put it into a pot with a quart of water, one pint of small beer, some salt, three or four spoonsful of vinegar, two of ketchup, a bunch of herbs of various kinds, such as parsley, thyme, basil, savoury, penny royal, marjoram, knotted marjoram, and a leaf or two of sage, onions, cloves, and cayenne, cover it close, and simmer till quite tender; when done, lay in a deep dish, thicken part of the gravy with flour and butter, and pour over the beef.

To Collar Beef.

Choose the thin end of the flank of fine mellow beef, not too fat; lay it into a dish with salt and saltpetre, turn and rub it every day for a week, and keep it cool; then take out every bone and gristle, remove the skin of the inside part, and cover it thick with the following seasoning cut small:—A large handful of parsley, the same of sage, some thyme, marjoram, and penny royal, pepper, salt and allspice; roll the meat up as tight as possible in a cloth, then bind it with a tape, boil it gently for six or seven hours, put it under a good weight while hot without untying it; the shape will be oval when cold. Part of a breast of veal rolled in with the beef looks and eats well.

To Pot Beef.

Rub three pounds of beef with two ounces of the coarsest sugar, and a quarter of an ounce of saltpetre, let it lie forty-eight hours, wash it clean and dry it, season it with pepper, salt, mace, and twelve cloves, lay it in a pot with four ounces of butter put over it in pieces, bake it three hours, then cut out the hard outside, and beat it in a mortar, add seasoning to your taste, melt four ounces of fresh butter with the gravy which comes from the beef, beat it with the beef as fine as possible, put it into pots, cover with clarified butter, keep in a cool dry place, and it will remain long good.

Fricassee of Cold Roast Beef.

Cut very thin slices of under-done beef, shred a handful of parsley very small, cut an onion in quarters, put all together into a stew-pan, with a small piece of butter, and

some strong broth, season with salt and pepper, simmer gently a quarter of an hour, then mix into it the yolk of two eggs, and a spoonful of wine, also a spoonful of vinegar, stir it quick over the fire a minute or two, then turn it into a hot deep dish.

Observe all sorts of stews, hashes or meat dressed a second time, should only be simmered; if allowed to boil it makes the meat hard, only hot through is sufficient.

To Cure Tongues.

After having cleaned them, for two tongues allow an ounce of saltpetre and an ounce of salt prunella, with which rub them daily; the third day cover them with common salt, turn them every day for three weeks, then dry them and rub them over with bran, and smoke them; in ten days they will be fit to eat.

Harrico.

Take off some of the fat from the middle or best end of a neck of mutton, cut it into rather thin steaks, flour and fry them in their own fat of a fine light brown, but not enough for eating. Then put them in a dish while you fry the carrots, turnips, and onions; the turnips in dice, the onions sliced, but they must be only warmed, not browned, or you need not fry them. Then lay the steaks at the bottom of a stew-pan, the vegetables over them, pour as much boiling water as will just cover them, give them one boil, skim well, then set by the side of the fire to simmer till the meat is tender, two hours will be sufficient; add pepper, salt, and a spoonful of ketchup.

Mutton Ham.

Choose a fine grained leg of mutton, of twelve or fourteen pounds, let it be cut ham shape, and hang two days; then put it into a stew-pan a half pound of bay salt, the same of common salt, two ounces of saltpetre, and half pound coarse sugar, all in powder, mix and make it quite hot, then rub it well into the ham. Let it be turned in the liquor every day, at the end of four days put two ounces more of common salt, in twelve days take it out, dry it, hang it up in wood smoke a week. It is a fine breakfast relish.

Scotch Hotch Potch.

Cut the breast and backward ribs of mutton in small pieces, also two pounds of beef, simmer in six quarts of water; two hours before serving add several carrots, turnips, onions, peas, and cauliflower or cabbage; or in winter make of any two sorts of meat, stew with carrots, onions, turnips, and celery, and little rice.

To make Mock Brawn.

Boil a pair of neatsfeet very tender, take the meat off and have ready the belly piece of pork, salted with common salt and saltpetre for a week; boil this almost enough, take out the bones, then roll the feet and the pork together, roll very tight with a cloth and coarse tape. Boil till very tender, hang up in the cloth till cold.

Veal Sausages.

Chop equal quantities of lean veal and fat bacon, a handful of sage, a little salt, pepper and nutmeg; beat all in a mortar, when used roll and fry them.

Oxford Sausages.

Chop a pound and half of pork, and the same of veal, cleared of skin and sinews, add three quarters of a pound of beef suet, mince and mix them, steep the crumb of a penny loaf in water, mix it with the meat, add a little dried sage, pepper and salt.

Sausages to imitate those of Bologna.

Season fat and lean pork with salt, saltpetre, pepper, and allspice, all in fine powder, and rub it into the meat; on the sixth day cut it small, mix with it some shred shallot as fine as possible. Have ready an ox-gut that has been scoured, salted, and soaked well, fill it and tie up the ends and hang it to dry as you do hams, but first wrap it in a fold or two of old muslin. It must be high dried. Some eat it without boiling, others boil it first.

To Pot Hare.

After seasoning it, bake it with butter; when cold, take the meat from the bones, beat it in a mortar; if not sufficiently seasoned, add salt, mace, pepper, nutmeg, and a

piece of fresh butter melted in a spoonful or two of gravy which comes from the hare; when well mixed put it in small pots, cover with butter.

To prepare Mock Turtle Soup.

Put into a pan a knuckle of veal, two fine cow heels, two onions, a few cloves, peppers, berries of allspice, mace, and sweet herbs, cover them with water, tie a thick paper over the pan, and set it in an oven for three hours; when cold take off the fat, very nicely cut the meat and feet into bits an inch and half square, remove the bone and coarse parts, warm the rest with a large spoonful of walnut, and mushroom ketchup, half a pint of sherry or any white wine, not sweet, and the jelly of the meat; add more seasoning if required, serve with hard eggs, force meat ball, a squeeze of lemon, and a little soy.

Potted Beef.

Take four pounds of beef, free from skin or sinews, and rub it over with a composition of sugar, salt, and saltpetre, about half an ounce of each to the quantity of beef. In that state, let it lie for twenty-four or forty-eight hours, turning it over three or four times. Then put it into an oven with a little chopped suet, and about half a pint of water. When sufficiently stewed, drain the fat and gravy from the meat, and pound it in a marble mortar till it become perfectly smooth, adding to it some cayenne, white pepper, salt, a little pounded mace, a little of the clear gravy, and about half a pound of butter melted to an oil, and added gradually during the beating. When reduced to an uniform and smooth consistence, put it into pots, and cover with melted butter.

A Brown Colouring for made dishes.

Take four ounces of fine sugar, and after beating it small, put it into a frying-pan with an ounce of butter. Set the pan over a clear fire, and keep stirring the mixture till it become frothy, when the sugar will be dissolved. Then hold the pan a little higher over the fire, and when the sugar and butter become of a good brown colour, pour in a little red wine, and stir them well together. Then add more wine, stirring the mixture all the time. Put in the rind of a lemon, a little salt, three spoonful of mushroom ketchup, two or three blades

of mace, six cloves, four shalots, and half an ounce of Jamaica pepper. Boil slowly for the space of ten minutes, then pour the whole into a basin, and when cold, bottle it for use, having first skimmed it well.

To Roast a Calf's Head.

Take the bones out of a calf's head, and wipe the meat very dry. Make a seasoning with a little beaten mace, pepper and salt. Chop some fat bacon very small, and add to it some grated bread. Strew this over the head; then roll it up, and skewer it with some small skewers. Tie up the head and roast it, basting it with butter, or drippings.

A Brown Gravy.

Take beef free from fat, and cut it into slices about an inch in thickness; lay them in a dripping pan, with small pieces of butter, and season with a little ground pepper and salt. Place the pan in a brisk oven, that will broil and not burn the meat. When half broiled, score the beef, and put it into a stewpan, with two or three onions, some thyme, pot marjoram, a small bunch of chervill, a few pepper-corns, and two or three cloves; to these put boiling water according to the quantity of gravy wanted. A pound of beef will make a pint of gravy. Stew till all the goodness is drawn from the meat; then strain, and when cold, take off the fat, having added to it the clean gravy that was left in the dripping pan. Preserve for use.

To Boil a Ham.

Soak the ham two days in milk and water; after which, let it gently boil upon the fire, or stove, for the space of eight hours, but with a moderate quantity of water. Add, during the boiling, the coarse parts of any kind of meat, and a few carrots and onions.

To Stew Partridges.

After trussing the Partridges, stuff their craws with forced meat, and lard them down the sides; then roll a lump of butter in pepper, salt, and beaten mace, and put it into the bodies. Sew up the vents, and after dredging them, fry them to a light brown; then put them into a stewpan, with a quart of gravy, two spoonsful of Madeira, or white wine, a spoon-

ful of mushroom catchup, two tea spoonful of lemon pickle, an anchovy, a quarter of a lemon sliced, and a sprig of sweet marjoram. Cover up close, and stew for about half an hour; after thickening the gravy, if necessary, pour it over the partridges, and serve them up with boiled artichoke bottoms cut in quarters, and placed round the dish.

A Partridge Soup.

Stew down a knuckle of veal till it become a strong soup. Stuff as many partridges as you think proper with forcemeat, and stew them in the soup till they are perfectly tender, but not so much as to fall in pieces. The flavour and taste of the soup will be much increased by the addition of all sorts of vegetables, especially celery. Season to the taste. To make the soup very strong, some lean beef may be added to the veal; but before the dish is sent up to the table, the meat must be strained off, and only the partridges suffered to remain in the soup.

A Sandwich.

Take butter and grated Cheshire cheese, or Parmesan, of each equal quantities. Made mustard, about a fourth part of those conjoined ingredients. Beat them in a marble mortar into a uniform mass. Spread this mixture upon slices of white bread; then put on slices of ham, or any kind of meat. Cover with another piece of bread, the same as at first. Cut neatly into mouthfuls.

A Cheap and Good Gravy.

Fry three onions in butter a nice brown, toast a slice of bread a long time, till quite hard and brown, but not burnt, set these and any bits of meat, or bone of a leg of mutton, &c., and some herbs, water in proportion, and stew till the gravy is rich and thick; add salt and pepper, strain off, and boil up with a piece of butter and flour.

Currant Sauce.

Boil an ounce of currants in half a pint of water a few minutes, then add a tea-cup full of bread crumbs, six cloves, a little of any rough wine, and a bit of butter; stir till the whole is smooth.

Lemon Sauce, for Fowls, Veal, &c.

Cut thin slices of lemon into small dice, put them into melted butter, give it one boil, pour it over the dish, or serve in a tureen.

An excellent substitute for Caper Sauce.

Boil slowly some parsley that it may become a lead colour, but do not chop very fine, put it to melted butter, with a dessert spoonful of vinegar, and a little salt; boil up and serve.

To make Sprats taste like Anchovies.

Salt them well, and let the salt drain from them: in 24 hours wipe them dry. Mix four ounces of common salt, an ounce of bay salt, an ounce of saltpetre, a quarter of an ounce of salt prunel, half a tea spoonful of cochineal, all in the finest powder, sprinkle it among the fish, and pack them in stone jars; there is enough ingredients for two quarts of fish. Keep them in a cool place, tied over with a bladder; they are pleasant on bread and butter, or toast, and answer for sauce as well as anchovies.

Squab Pie.

Cut apples as for other pies, and lay them in rows with mutton chops, shred onions and sprinkle among them, also some sugar.

An excellent Pork Pie, to eat cold.

Raise a common boiled crust into either a round or oval form, which you choose, have ready the trimmings and small bits of pork cut off a sweet bone, when the hog is killed, beat it with a rolling pin, season with pepper and salt, and keep the fat and lean separate, put it in layers quite close to the top, lay on the lid, cut the edge smooth round and pinch it, bake in a slow soaking oven, as the meat is very solid. Observe, put no bone or water in the pork pie; the outside pieces will be hard if they are not cut small and pressed close.

Salmon.

This is so substantial a fish, that it requires to be well oiled. A piece not very thick will take half an hour. Boil horse-radish in the water. For sauce melt some butter plain,

and some other with anchovy. Garnish with horse-radish mixed with sliced lemon.

Whole Cod.

Put a large quantity of water into your fish kettle, which must be of a proper size for the cod, with a quarter of a pint of vinegar, a handful of salt, and half a stick of horse radish. Let these boil together for some time, and then put in the fish. When it is done enough, which will be known by feeling the fins, and the look of the fish, lay it to drain, put it on a hot fish plate, and then in a warm dish, with the liver cut in half, and laid on each side. Serve it up with shrimp or oyster sauce, and garnish with scraped horse-radish.

To Stew Lobsters, mild.

When the lobsters are boiled, pick the meat clean from the shells. Take a pint of water, a little mace, a little whole pepper, and the shells of the lobsters : boil till all the goodness is drawn from the insides of the shells ; then strain, and put the liquor into a stewpan with the flesh of the lobsters, a piece of butter rolled in flour, two spoonsful of white wine, a little juice of lemon, and some bread crumbs. When sufficiently stewed, serve up in a proper shaped dish.

A Stewed Cod's Head and Shoulders.

Boil the fish till nearly enough, then take it out, and put it into the stewpan, with two bottles of strong ale, and one of small beer, an ounce of butter, and an ounce of bruised pepper, tied up in a bag, a few oysters, some good beef gravy and two onions. Salt to the taste.

A Dutch Fish Sauce.

Take two yolks of eggs, a quarter of a pound of butter, two spoonsful of vinegar, and a little nutmeg and mace. When held over the fire, stir only one way. By constantly moving the sauce will become sufficiently thick without the addition of flour.

FINIS.





